



20 Series Recumbent Bike



Assembly Manual

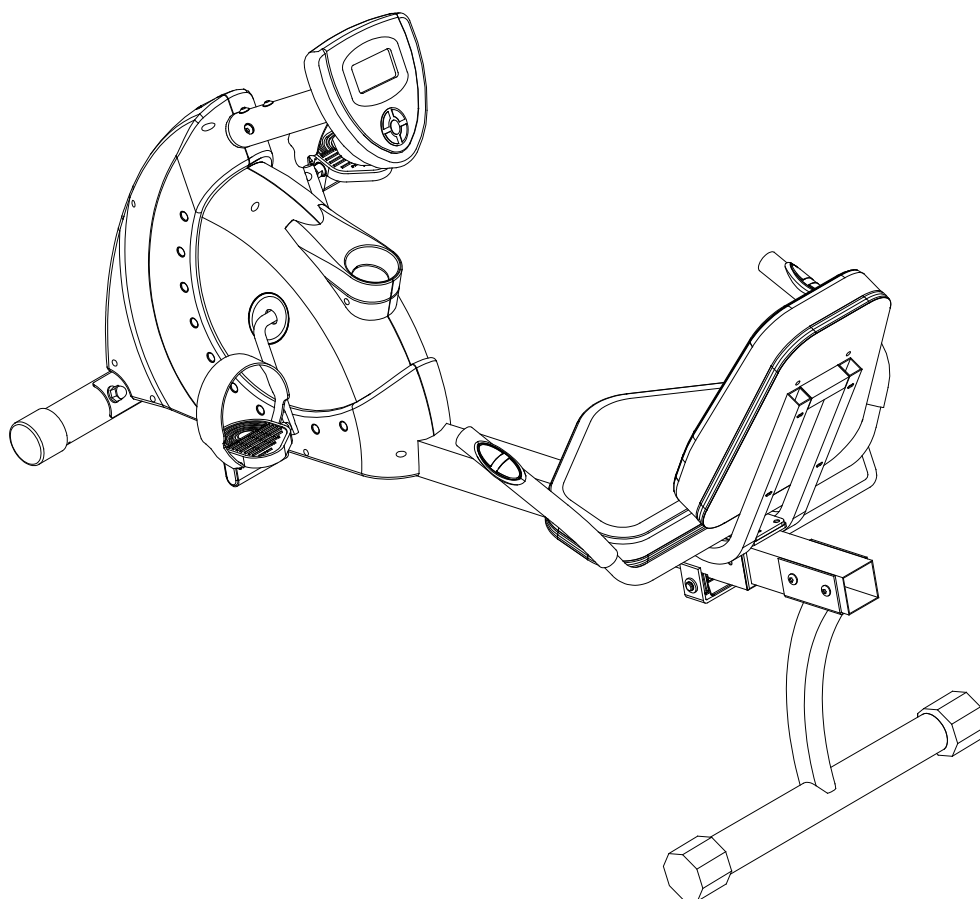



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Product Specifications

Dimensions	xx" L xx" W x xx" H (xxcm x xxcm x xxcm)
Assembled Unit Weight	73 lbs (33.2 kg)
Packaged Shipping weight	81.4 lbs (37 kg)
Workout Area	xx" L x xx" W (xxcm x xxcm)
Maximum User Weight	275 lbs (125 kg)

Safety Warnings

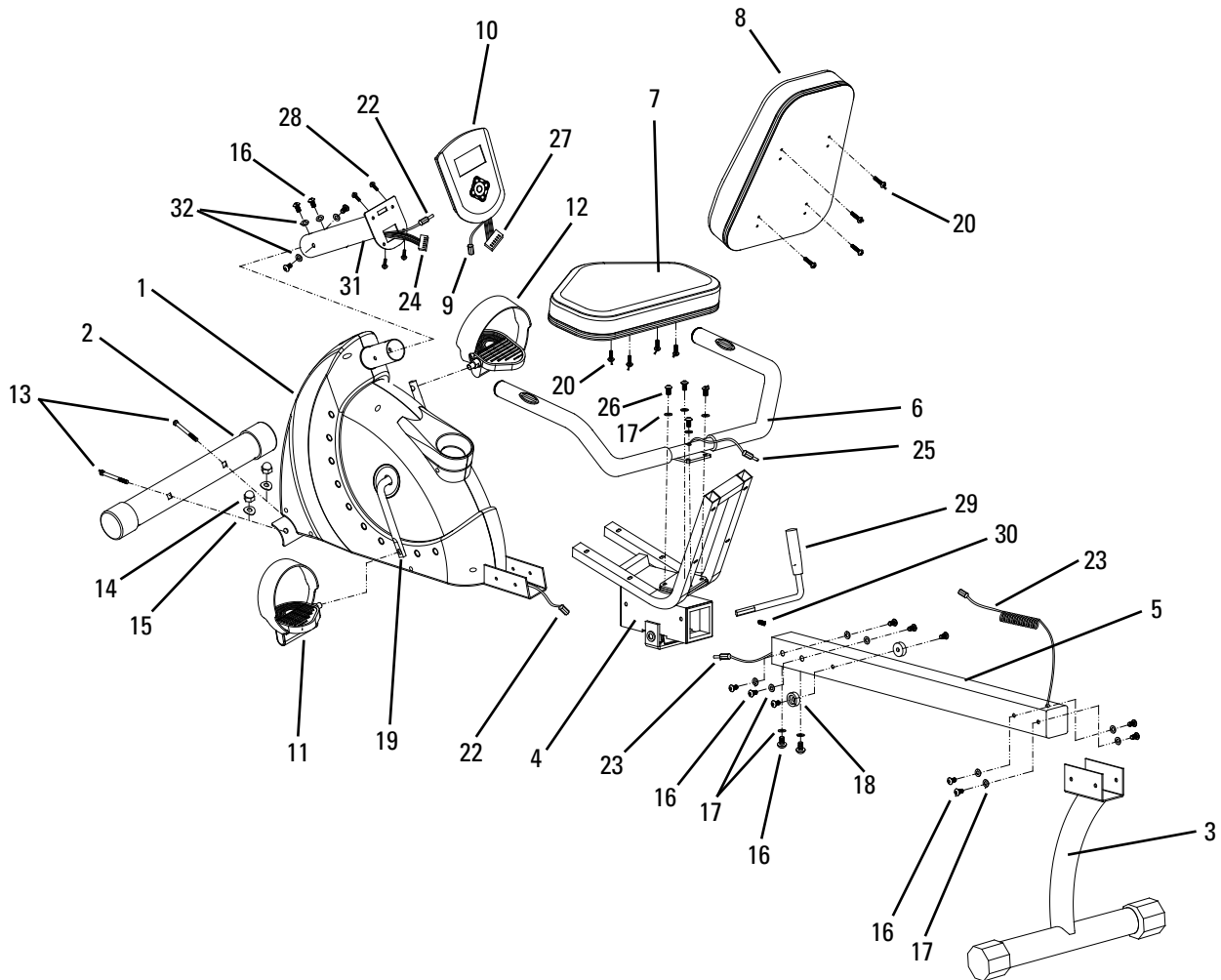
 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

 Read and understand the complete Owner's Manual.
Read and understand all Warnings on this machine.

- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- Examine this machine for loose parts or signs of wear. Pay special attention to the seat, pedals, and crank arms. Contact Nautilus Customer Service for repair information. Use only genuine Schwinn® replacement parts supplied by Nautilus.
- This exercise machine is for consumer users only.
- Set up and operate this exercise machine on a solid level surface.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Maximum user weight limit: 275 lb. (125 kg). Do not use if you are over this weight
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Keep the foot pedals clean and dry.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.

Exploded Drawing



Note: Some component images are for general reference only and may not represent the actual shape or detail of the part. Assembly is unaffected.

Parts List

PARTS LIST

Ref.	Description	Qty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Saddle Support Frame	1
5	Rail Tube	1
6	Handlebar	1
7	Saddle	1
8	Back Cushion	1
9	Pulse Wire Connector	1
10	Console (Computer)	1
11	Left Pedal	1
12	Right Pedal	1
13	Carriage Bolt M10 x 70mm	2
14	Acorn Nut M10	2
15	Arc Washer ID 10.5; OD 25mm; T 1.5mm	2
16	Hex Screw M8 x 15mm	16
17	Flat Washer ID 8.4mm; OD 25mm; T 1.5mm	14
18	Limit Rubber Pad	2
19	Crank	1
20	Phillips Screw M6 x 35mm	8
21	Not Used	
22	Lower Pulse Wire (Contact Heart Rate wire)	1
23	Middle Pulse Wire (Contact Heart Rate wire)	1
24	Lower Computer Wire	1
25	Handlebar Wire Connector (CHR Electrode cable)	1
26	Hex Screw M8 x 10mm	4
27	Computer Wire Connector	1
28	Flat Head Phillips Screw M5 x 10mm	4
29	Adjustment Handlebar	1
30	Screw M5 x 10mm	1
31	Front Post	1
32	Arc Washer ID 8.5; OD 22mm; T 1.5mm	4

If you are missing items or have damaged components, please contact 800-NAUTILUS (628-8458) for replacements.

Hardware Guide

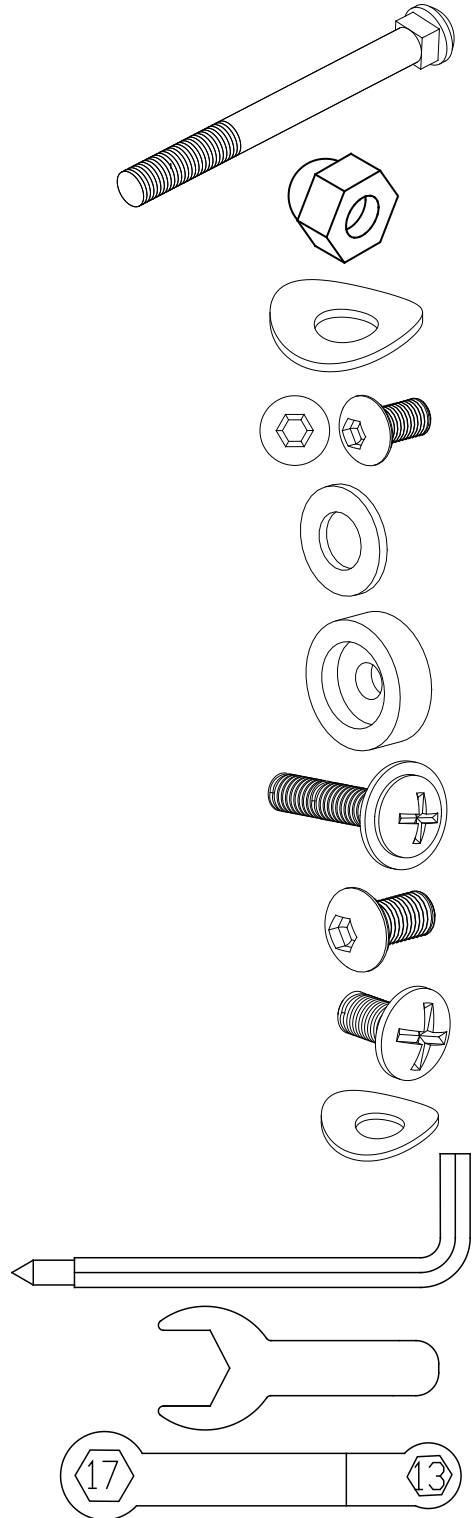
Ref.	Description	Qty
13	Carriage Bolt M10 x 70mm	2pcs
14	Acorn Nut M10	2pcs
15	Arc Washer ID 10.5mm; OD 25mm; T 1.5mm	2 pcs
16	Hex Screw M8 x 15mm	16pcs
17	Flat Washer ID 8.4mm; OD 16mm; T 1.5mm	14pcs
18	Limit Rubber Pad	2pcs
20	Phillips Head Screw M6 x 35mm	8pcs
26	Hex Screw M8 x 10mm	4pcs
30	Screw M5 x 10mm	1pc
32	Arc Washer ID 8.5mm; OD 22mm; T 1.5mm	4 pcs

Tools required

Hex Key L 6mm	1pc
Open End Wrench 15mm	1pc
Box Wrench 17mm x 13mm	1pc

You will also need the following tool (not provided):

Phillips screwdriver



Assembly

Basic Assembly Principles

Here are a few basic tips that will aid in the assembly process. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
3. As a general rule, and for all bolts and nuts, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen.

Assembly Steps

Step 1: Install Front Stabilizers

Parts:

- #2 - Front Stabilizer (Qty 1)
- #1 - Main Frame (Qty 1)
- #13 - Carriage Bolts (Qty 2)
- #15 - Arc Washers (Qty 2)
- #14 - Acorn Nut (Qty 2)

Tools:

- Wrench

1-1: Install Front Stabilizer (2) to Main Frame (1) using 2 Carriage Bolts (13), 2 Arc Washers (15), and 2 Acorn Nuts (14) as indicated (Figure 1).

Note: Position Front Stabilizer so arrow on decal is pointing upwards (Figure 1A).

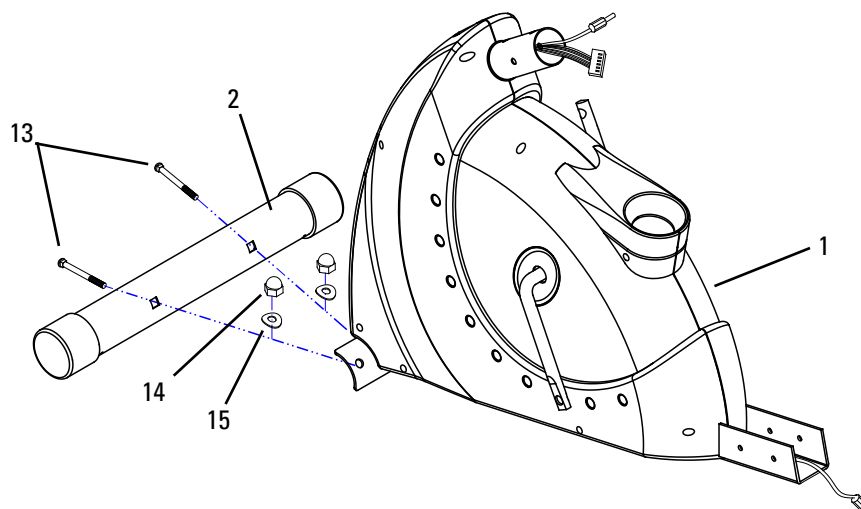


Figure 1

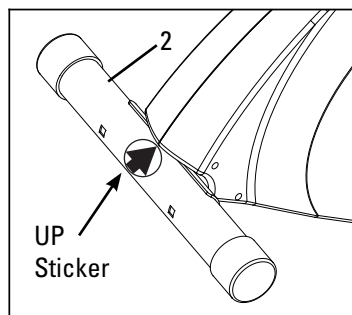


Figure 1A

Assembly Steps

Step 2: Assemble Saddle Support

Parts:

- #4 - Saddle Support Frame (Qty 1)
- #5 - Rail Tube (Qty 1)

2-1: Slide Saddle Support Frame (4) onto Rail Tube (5) as shown in Figure 2. The wires from the Rail Tube pass through the Saddle Support Frame.

Note: Do not cut or pinch the wires.

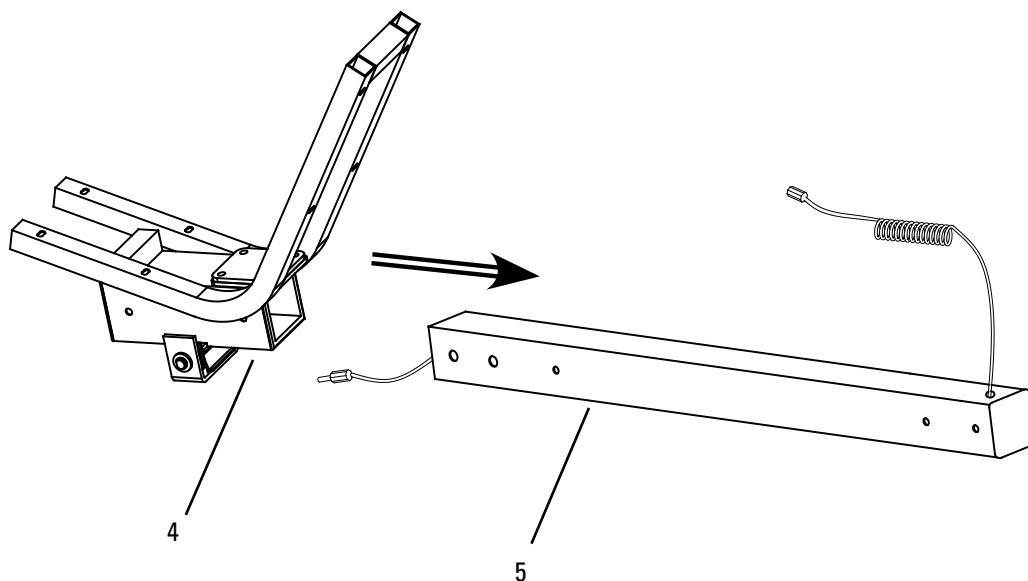


Figure 2

Assembly Steps

Step 3: Install Rail Tube Assembly to Main Frame

Parts:

- Main Frame Assembly (#1) from Step 1
- Rail Tube Assembly (#5) from Step 2
- #16 - Hex Screw (Qty 6)
- #17 - Flat Washer (Qty 6)
- #18 - Limit Rubber Pad (Qty 2)
- #22 - Lower Pulse Wire (Qty 1)
- #23 - Middle Pulse Wire (Qty 1)

Tools:

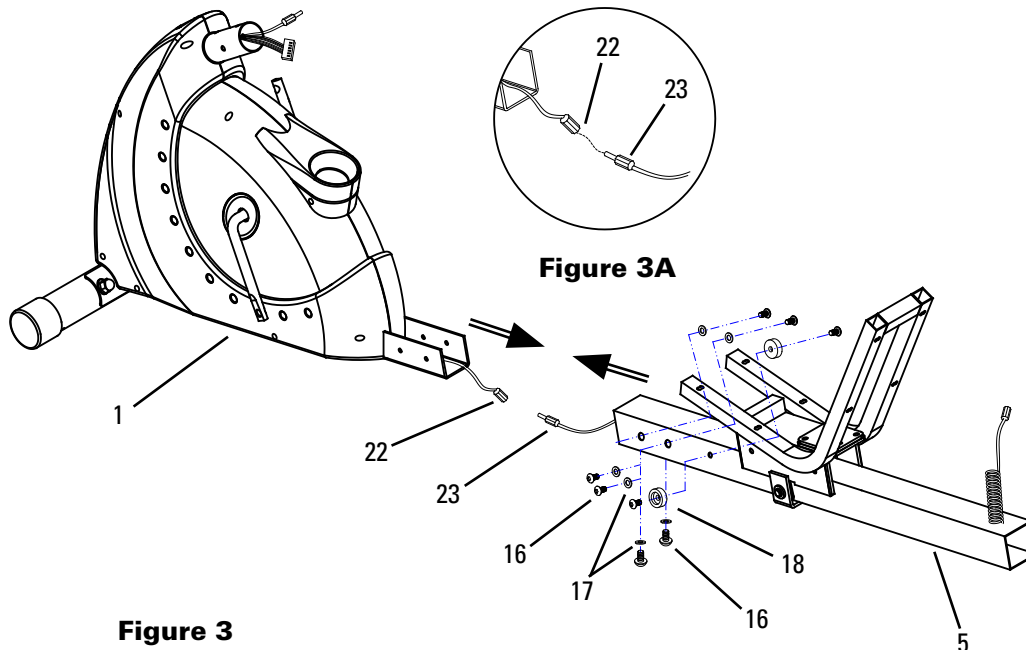
- Hex key L6
- Phillips screwdriver

3-1: Connect the Lower Pulse Wire (22) to the Middle Pulse Wire (23) as shown in Figure 3A.

3-2: Slide the Rail Tube Assembly (5) onto the Main Frame (1) and attach using 6 Hex Screws (16) and 6 Flat Washers (17) as shown in Figure 3.

Note: Make sure to push Lower Pulse Wire (22) and the Middle Pulse Wire (23) into the Main Frame (1) connection bracket. Ensure the wires will not be pinched or severed when assembling the Rail Tube Assembly (5) to the Main Frame (1).

3-3: Attach the 2 Limit Rubber Pads using 2 Hex Screws (16). **DO NOT** overtighten screws.



Assembly Steps

Step 4: Attach Rear Stabilizer Bar

Parts:

- #3 - Rear Stabilizer Bar (Qty 1)
- #5 - Rail Tube Assembly (Qty 1)
- #16 - Hex Screw (Qty 4)
- #17 - Flat Washer (Qty 4)

Tools:

- Hex key L6

4-1: Attach the Rear Stabilizer Bar (3) to the Rail Tube (5) using 4 Hex Screws (16) and 4 Flat Washers (17).

Note: Make sure the Rear Stabilizer Bar (3) is oriented as illustrated, with the bend in the bar facing forward.

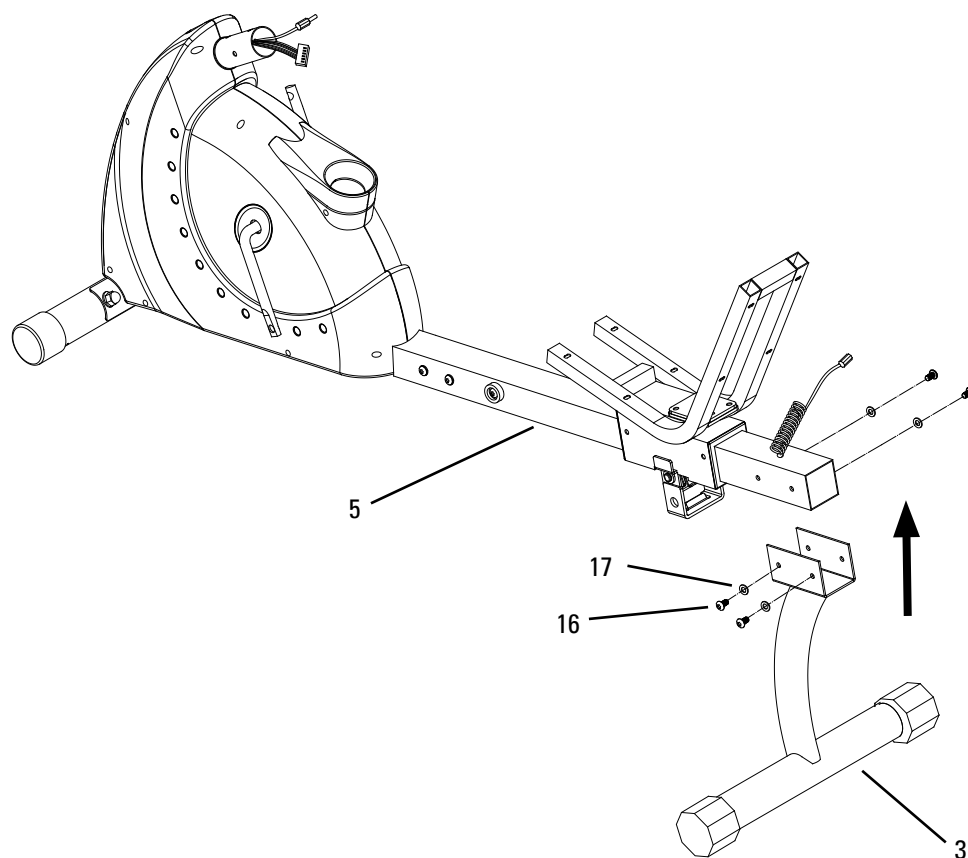


Figure 4

Assembly Steps

Step 5: Attach Handlebar to Saddle Support Frame

Parts:

- #4 - Saddle Support Frame (Qty 1)
- #6 - Handlebar (Qty 1)
- #17 - Flat Washer (Qty 4)
- #26 - Hex Screws (Qty 4)
- #23 - Middle Pulse Wire (Qty 1)
- #25 - Handlebar Wire Connector (Qty 1)

Tools:

- Hex key L6

5-1: Attach the Handlebar (6) to Saddle Support Frame (4) using 4 Hex Screws (26) and 4 Flat Washers (17) as shown in Figure 5.

5-2: Connect Handlebar Wire Connector (25) to Middle Pulse Wire (23) as shown in Figure 5A. Do not pinch the Handlebar Wire Connector (25) during assembly

Figure 5

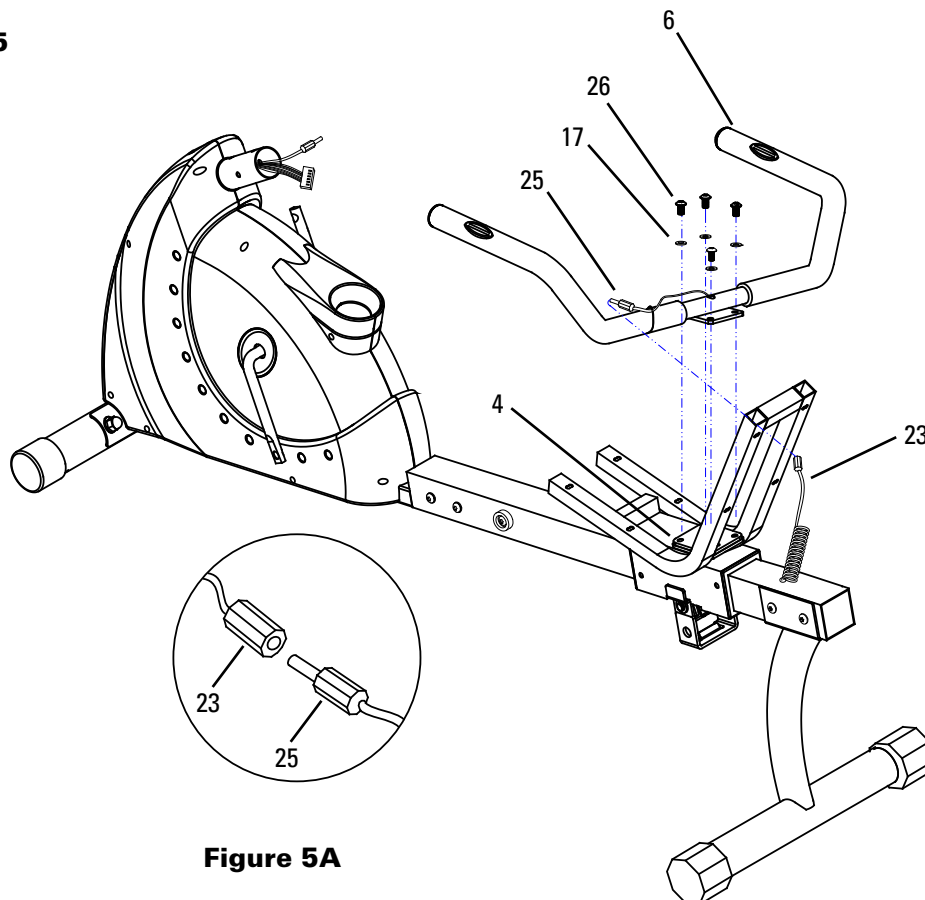


Figure 5A

Assembly Steps

Step 6: Attach Cushions

Parts:

- #4 - Support Frame (Qty 1)
- #7 - Saddle (Qty 1)
- #8 - Back Cushion (Qty 1)
- #20 - Phillips Screw (Qty 8)

Tools:

- Phillips Screw Driver

6-1: Install Saddle (7) and Back Cushion (8) onto the Saddle Support Frame (4) using 8 Phillips Screws (20). Insert the Phillips Screws through the screw holes in the Saddle Support Frame first when attaching the Saddle and Back Cushion.

Note: There are two groups of mounting holes on the Back Cushion (8) so that you may adjust the height of the back support to your preference.

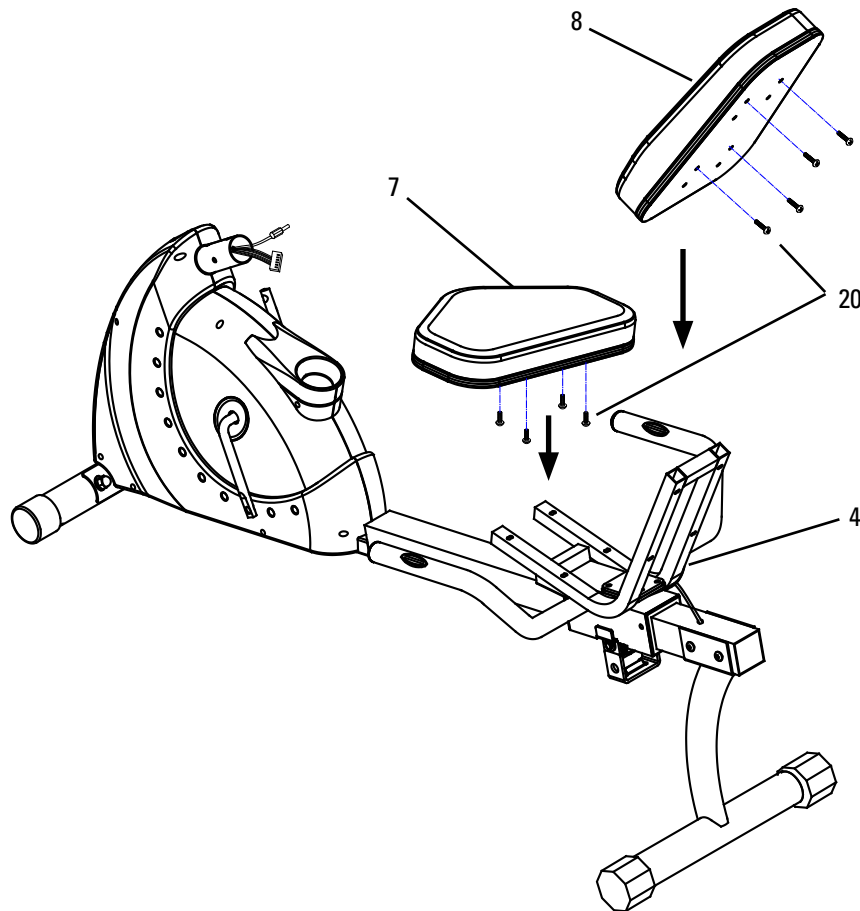


Figure 6

Assembly Steps

Step 7: Mount the Console

Parts:

- #22 - Lower Pulse Wire (Qty 1)
- #24 - Lower Computer Wire (Qty 1)
- #31 - Front Post (Qty 1)
- #10 - Console (Qty 1)
- #9 - Pulse Wire Connector (Qty 1)
- #27 - Computer Wire Connector (Qty 1)
- #32 - Arc Washer (Qty 4)
- #16 - Hex Screw (Qty 4)
- #28 - Flat Head Phillips Screw (Qty 4)

Tools:

- Hex key L6

7-1: Feed Lower Pulse Wire (22) and Lower Computer Wire (24) through the Front Post (31).

7-2: Install the Front Post (31) onto the Main Frame (1), using 4 Hex Screws (16) and 4 Arc Washers (32).

7-3: Connect Lower Pulse Wire (22) to the Pulse Wire Connector (9), and the Lower Computer Wire (24) to the Computer Wire Connector (27).

Note: Push the wires gently into the Front Post. Do not cut or pinch the wires.

7-4: Install the Console (10) to Front Post (31) using 4 Flat Head Phillips Screws (28) as shown in Figure 7A.

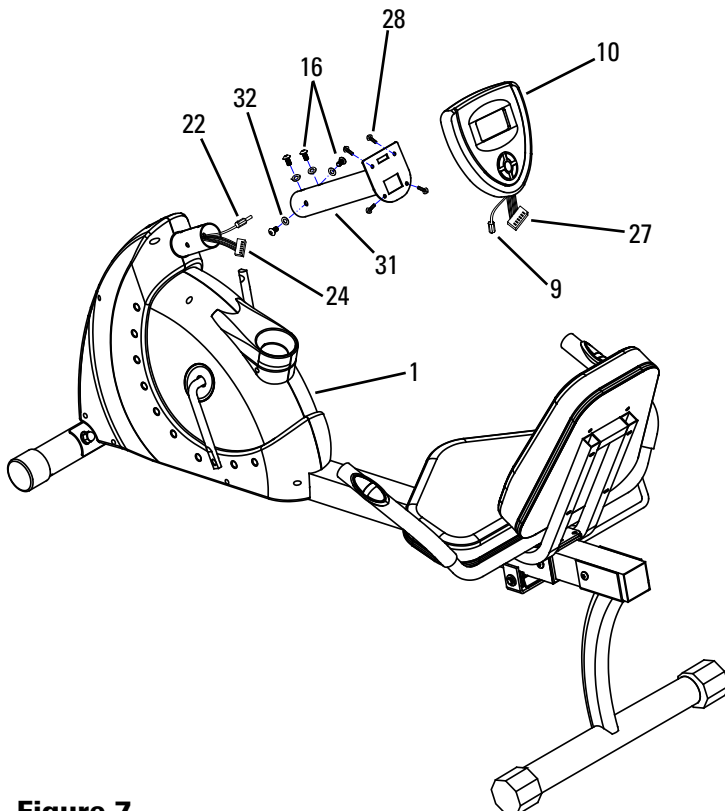


Figure 7

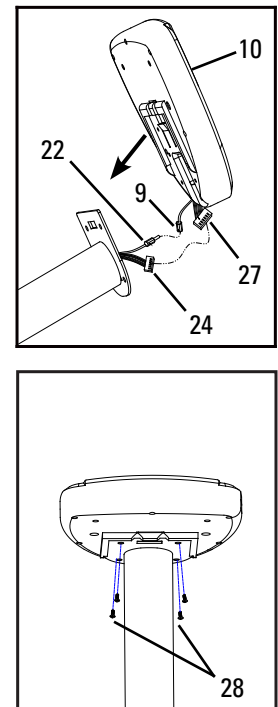


Figure 7A

Assembly Steps

Step 8: Install Adjustment Handle

Parts:

- #29 - Adjustment Handle (Qty 1)
- #30 - Screw (Qty 1)

8-1: Insert the Adjustment Handle (29) into the handle mount (see Detail A). Finish install by tightening Screw (30).

Note: Do not overtighten and strip the threads on the screw (30).

8-2: Remove cam retainer by cutting tie strap, and discard. See Figure 8A.

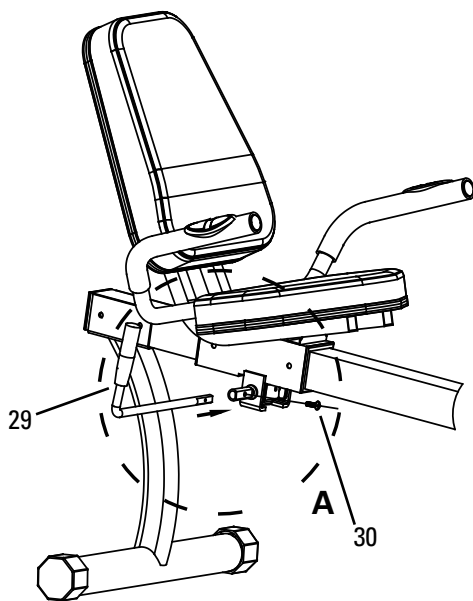
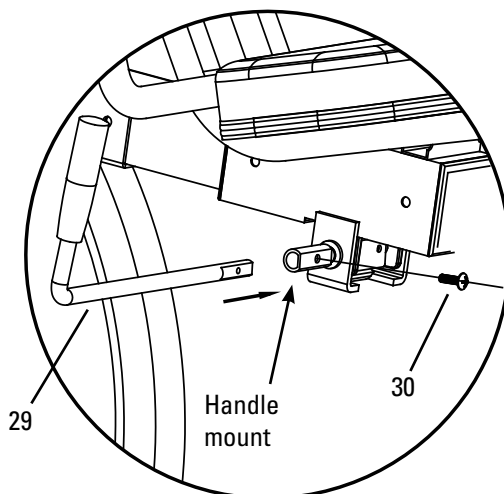


Figure 8



Detail A

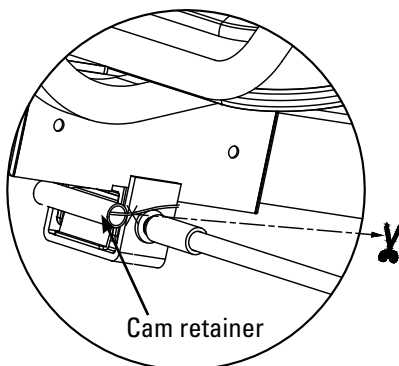
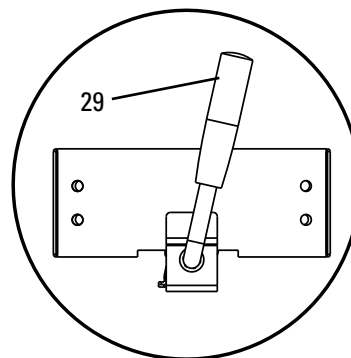


Figure 8A



(side view)

Assembly Steps

Step 9: Install Pedals

Parts:

- #11 - Left Pedal (Qty 1)
- #12 - Right Pedal (Qty 1)
- Batteries

Tools:

- Wrench L15

9-1: Install the Left Pedal (11) to Left Crank (19). Install Right Pedal (12) to the Right Crank.

Note: The Left Pedal has a left handed thread and screws into the Left Crank counter-clockwise.

9-2: Insert 4 C batteries into the back of the console as shown by the diagram in battery bay.

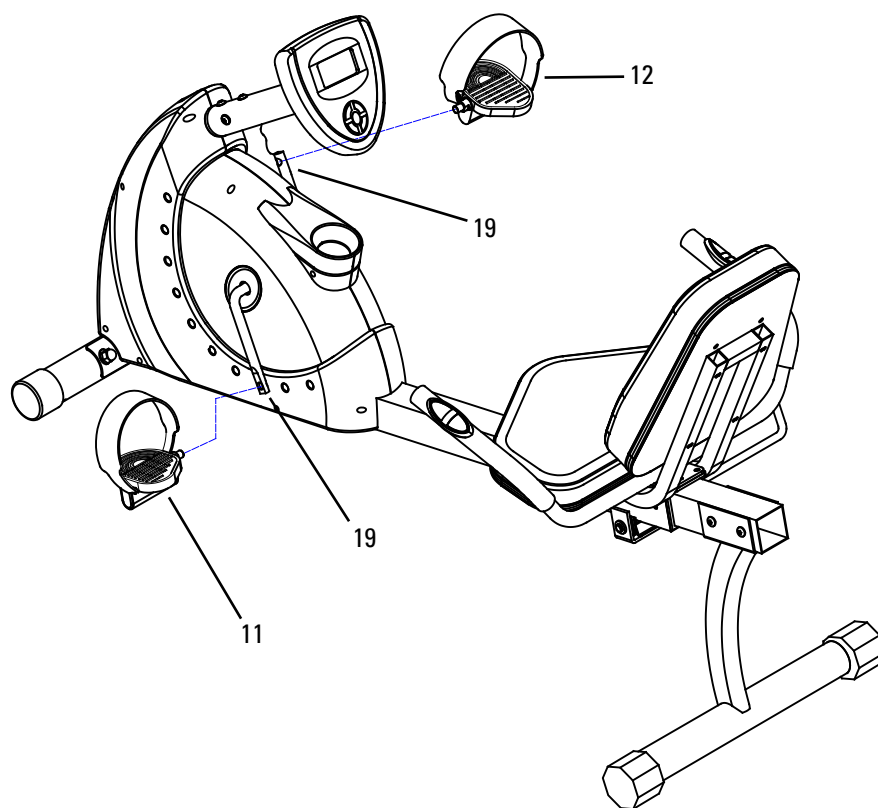


Figure 9

Assembly Steps

Step 10: Final Inspection

10-1: Tighten all hardware.

10-2: Read warnings on machine.

Please read and refer to the Owner's Manual for:

- Operating Instructions
- Maintenance Instructions
- Warranty Information.



Failure to visually check and test assembly before use can cause damage to the equipment.
It can also cause serious injury to users and bystanders.

Assembly

Contact Information

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For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

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